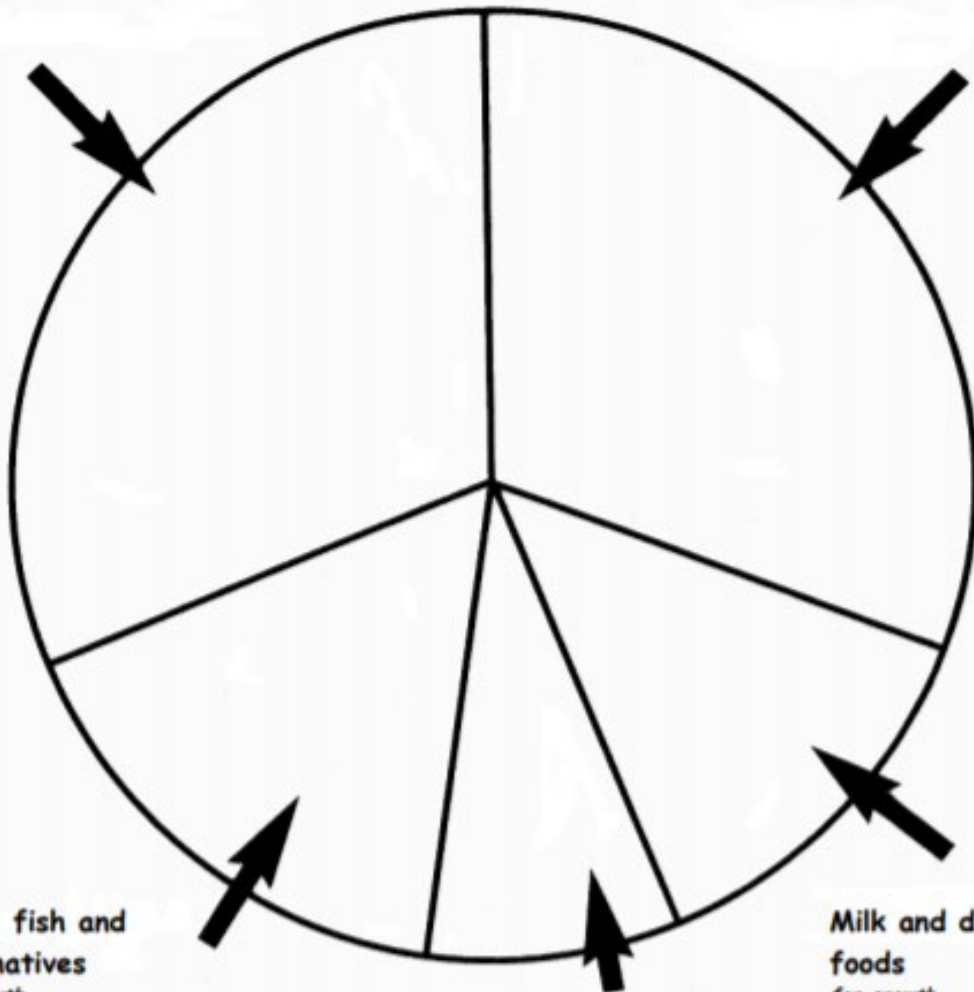


# A healthy diet

Can you put the foods into the right group?

**Fruit and vegetables**  
*for health*

**Bread, cereals  
and potatoes**  
*for energy*



**Meat, fish and  
Alternatives**  
*for growth*

**Milk and dairy  
foods**  
*for growth*

**Foods containing fat  
Foods containing sugar**